



OSU Wellness Strategy

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Chief Wellness Officer

*America's **HEALTHIEST** Campus.®*



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HEALTHIEST
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President and First Cowgirl's Commitment to Wellness





Why Wellness?



Leading Causes of Death

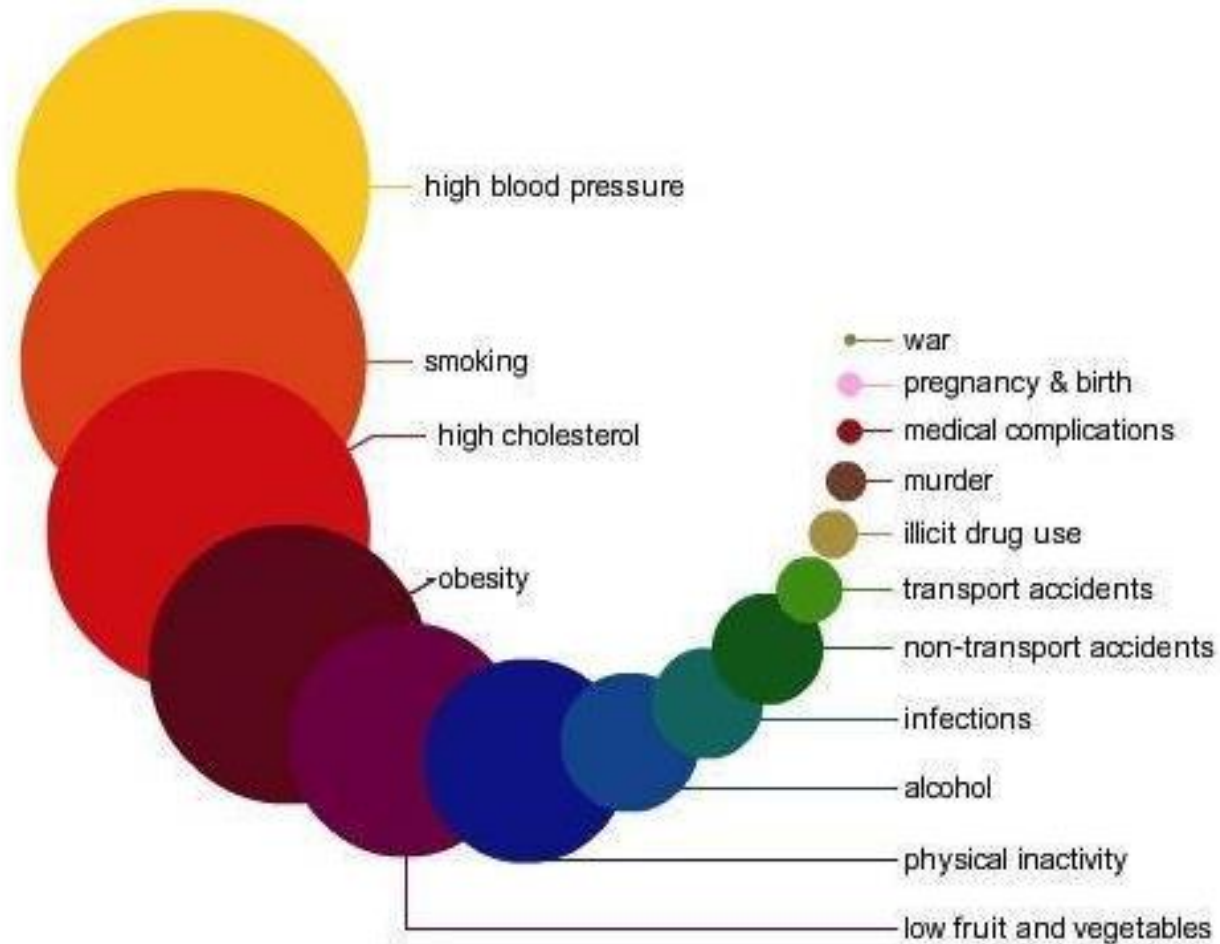
- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke (cerebrovascular diseases)
- Accidents (unintentional injuries)
- Alzheimer's disease
- Diabetes
- Nephritis, nephrotic syndrome, and nephrosis
- Influenza and Pneumonia
- Intentional self-harm (suicide)

Source: [Deaths: Final Data for 2010, tables 1, 7, 10, 20](#)

From: <http://www.cdc.gov/nchs/fastats/deaths.htm> (6/14)



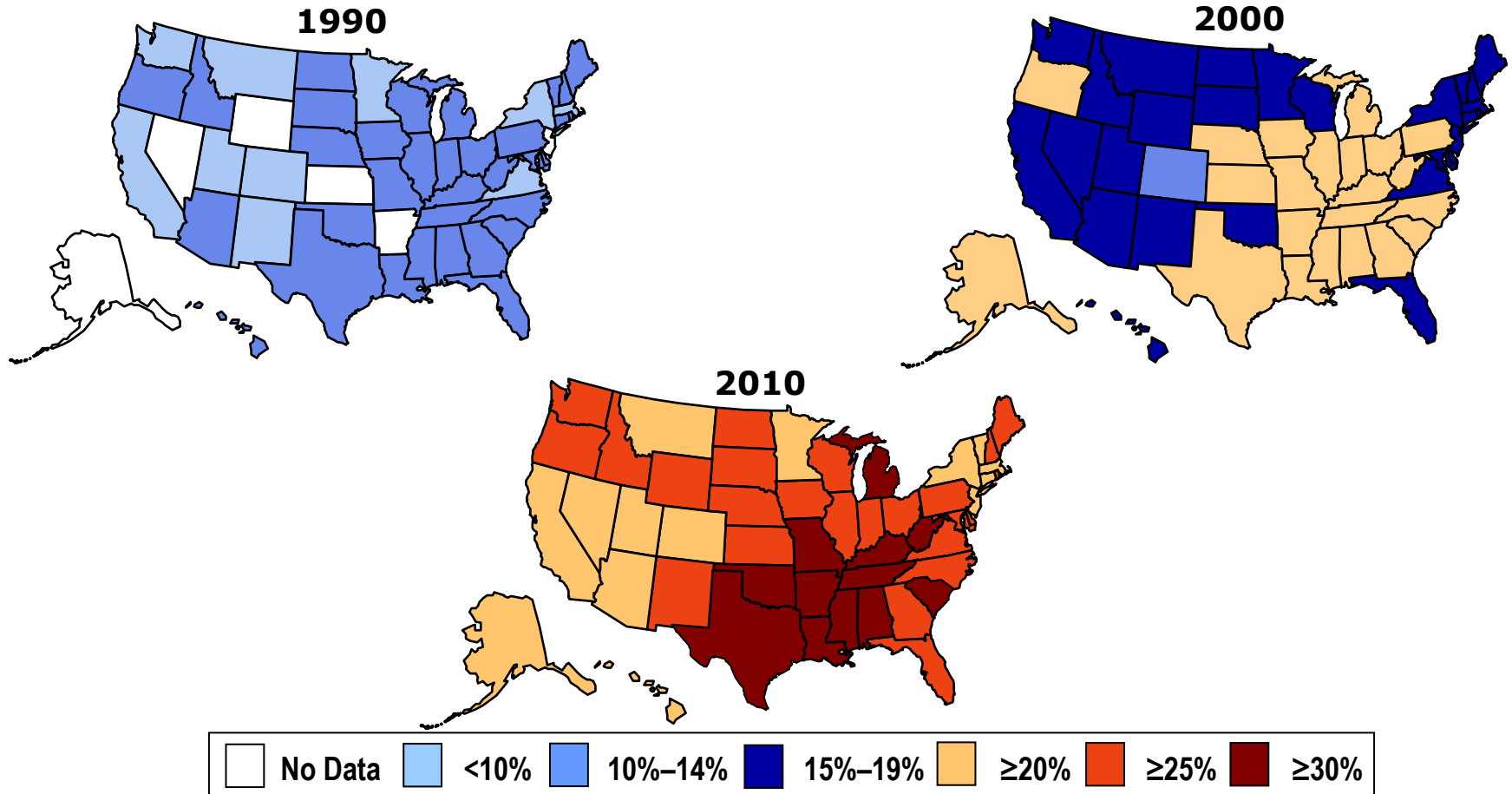
Risks Leading to Death *(in perspective)*





CDC Obesity Trends* Among U.S. Adults BRFSS, 1990, 2000 & 2010

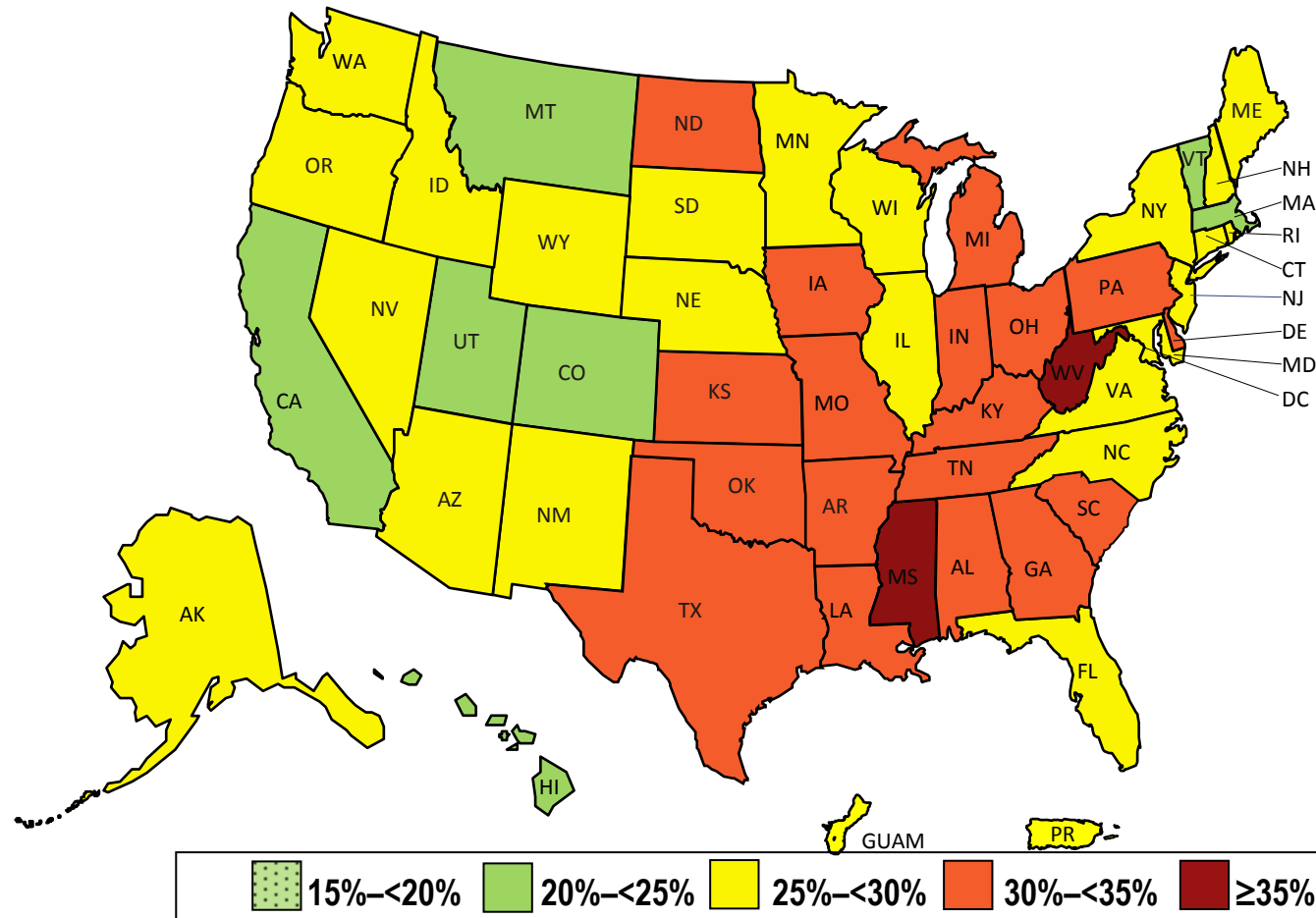
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)





Prevalence* of Self-Report Obesity Rates Among U.S. Adults, BRFSS, 2013

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

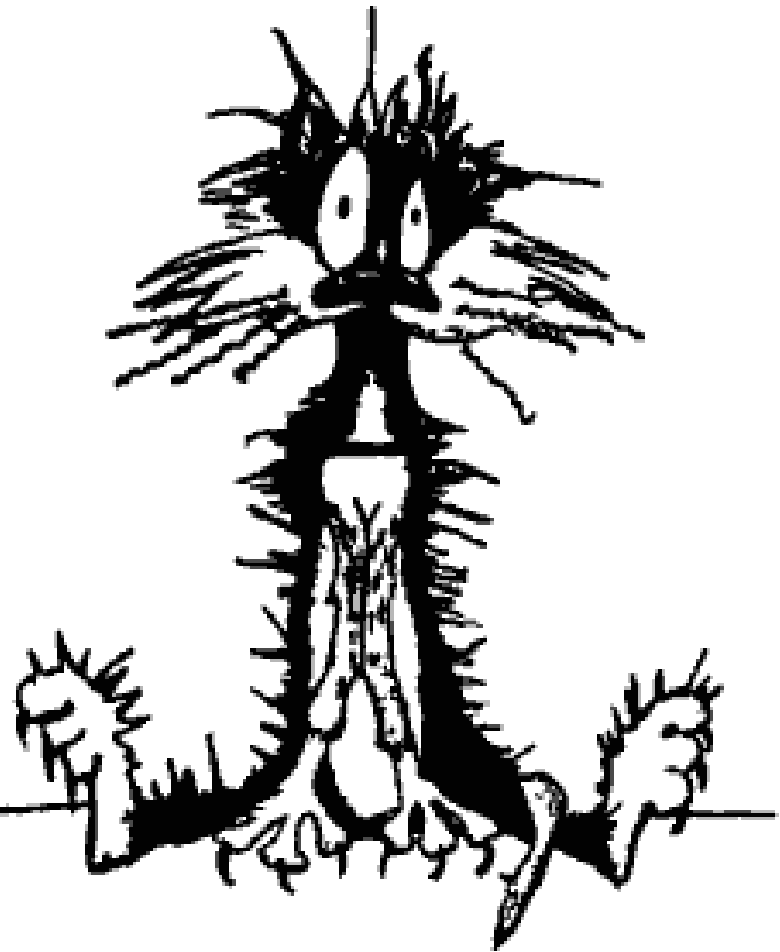




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Before Work



After Work



Employee Wellness



Dancing Traffic Director: <http://www.youtube.com/watch?v=m0QmCLGJ1ys>



Family and Community Wellness





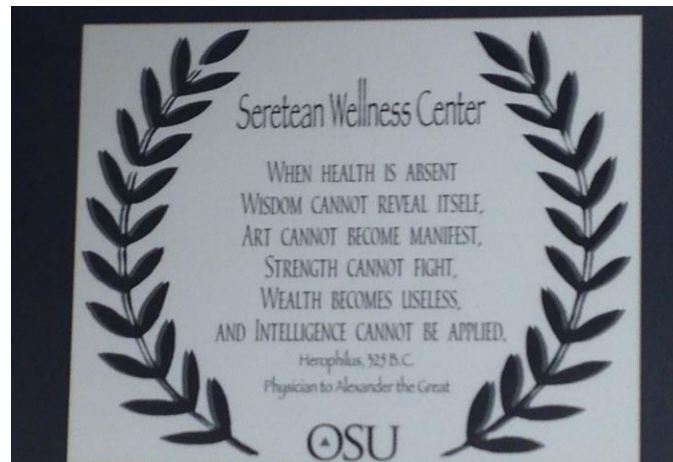
What is Wellness?



What is Wellness?

It is the **harmony** of our physical, emotional, spiritual, social and professional dimensions of health...

To be the best we can be





*Quality Drivers:
National and State*



National Quality Drivers



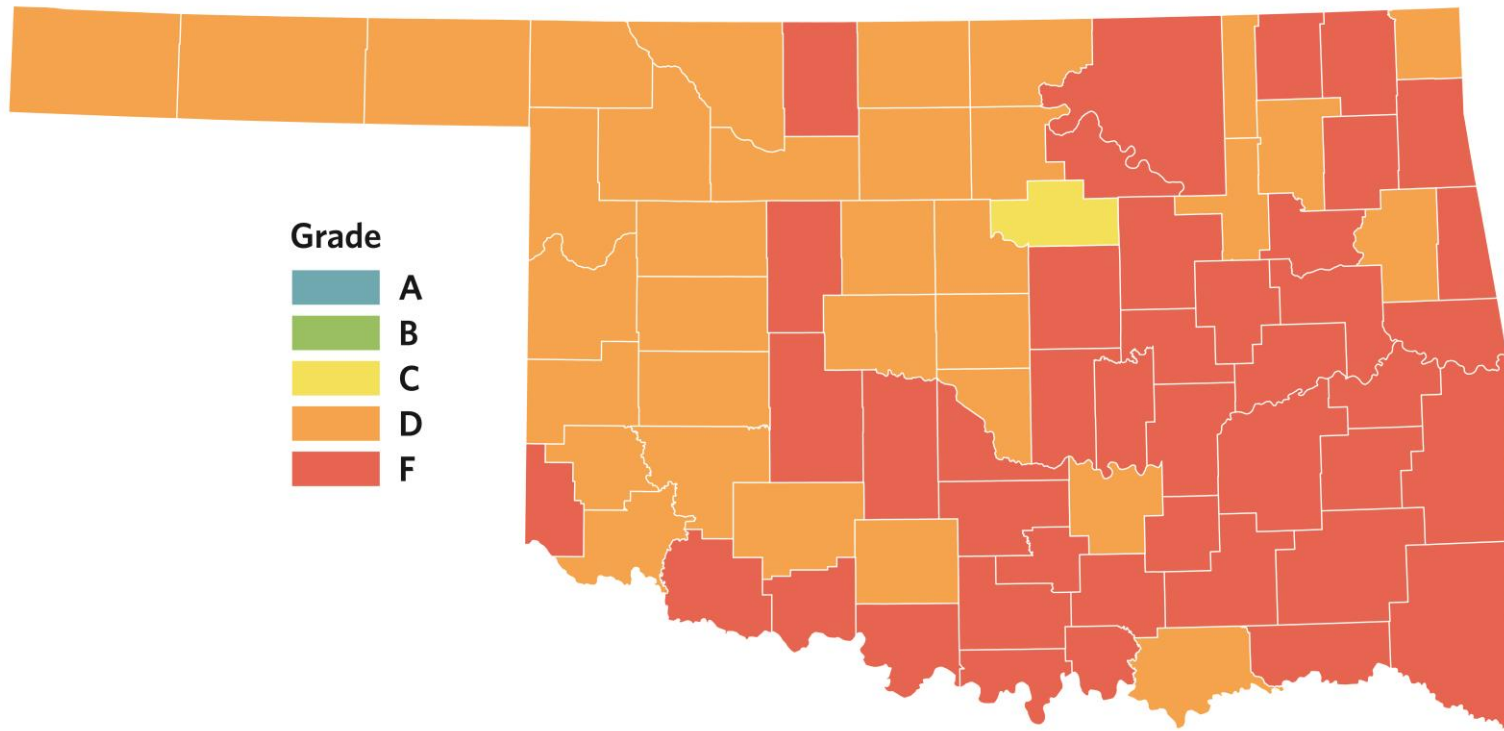
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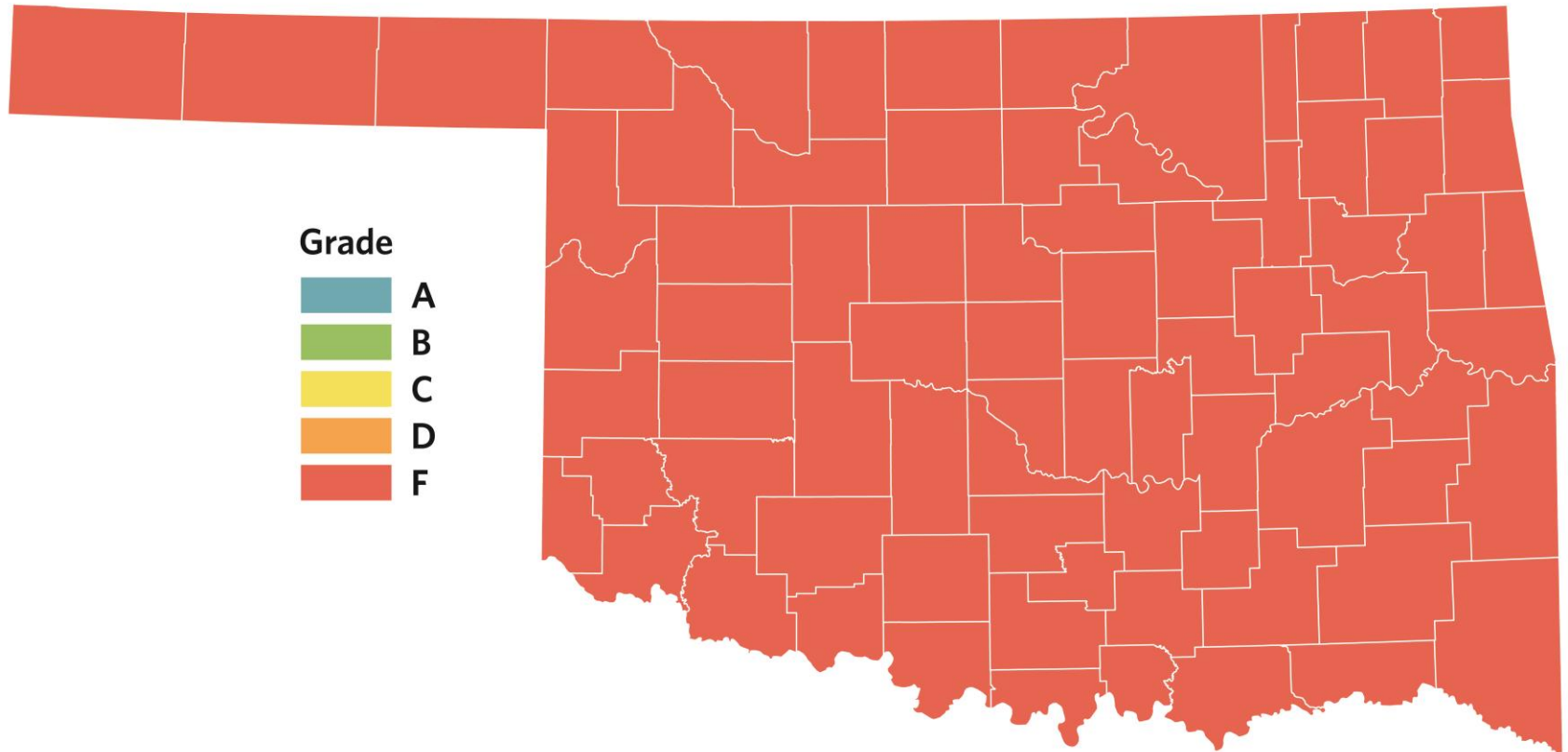


State of the State's Health



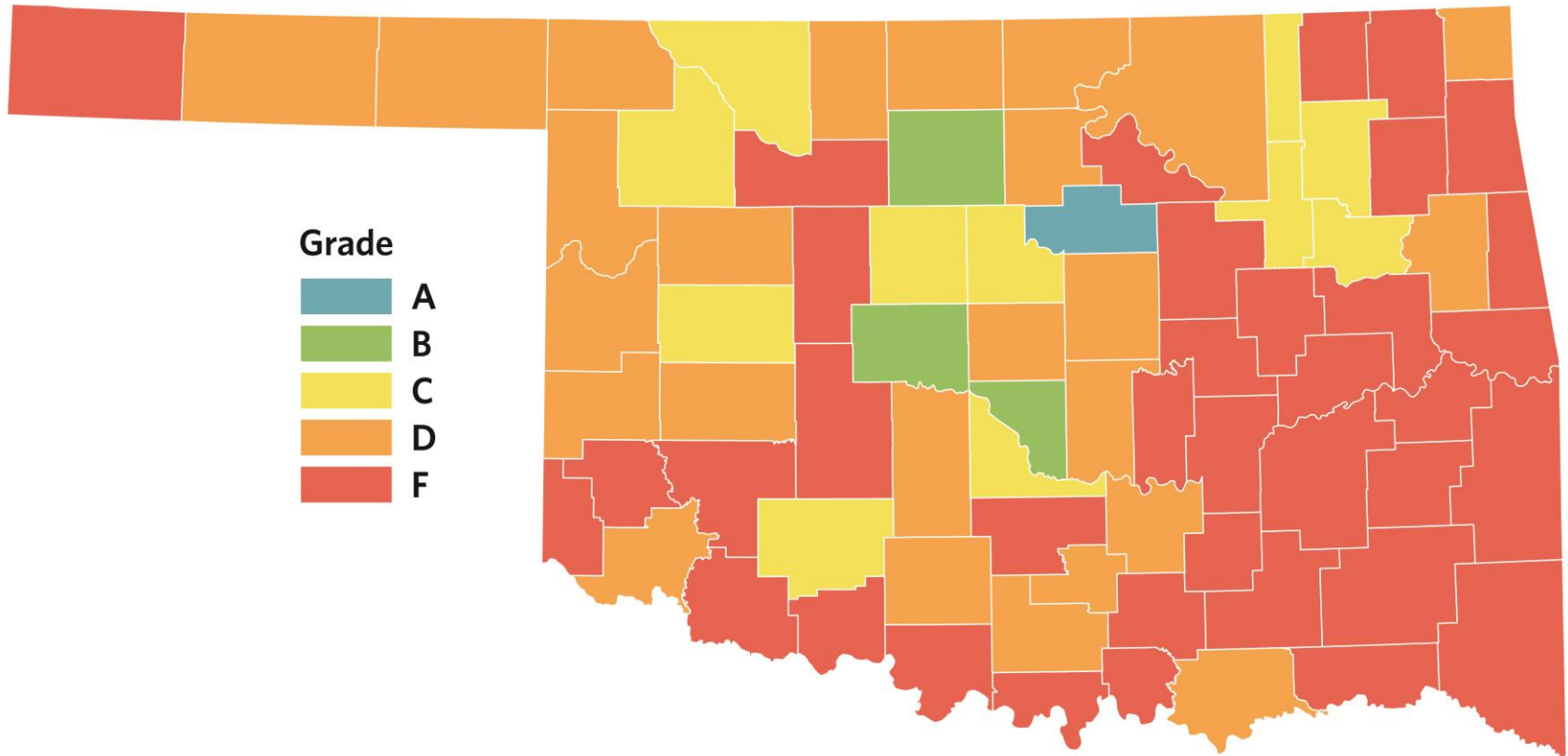


State of the State's Health





State of the State's Health





OSU Wellness Strategy Model



OSU Wellness Strategy Model

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LIVE



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Enrich: OSU Students, Employees, Communities



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When “I” is replaced by “We,”
even “illness” becomes
Wellness.



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OSU Wellness Strategy Model

Draft March 2015

ENRICHING (WHO)

- Students
- Employees
- Communities

HARMONIZING WELLNESS DIMENSIONS (WHAT)

- Physical
- Emotional
- Spiritual
- Social
- Professional

SYNERGIZING LEVELS OF CHANGE (HOW)

- Personal
- Interpersonal
- Organizational
- Environmental

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Physical Harmony



- Active living
- Nutrition
- Hydration
- Tobacco free
- Adequate rest
- Injury free
- Preventive and clinical care





Emotional Harmony



- Mental health and wellbeing
- Confidence/self affirmation
- Self compassion
- Resilience
- Stress management





Social Harmony



- Engagement/empowerment
- Alcohol smart
- Leisure/art
- Drug free
- Violence free
- Sexual health
- Relationships





Spiritual Harmony



- Faith
- Values
- Joy
- Gratitude
- Mindfulness
- Sense of purpose/hope/optimism





Professional Harmony



- Lifelong learning
- Leadership development
- Financial wisdom
- Creativity
- Career development





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Personal Synergy

- Readiness
- Determination
- Responsibility
- Health literacy
- Efficacy
- Knowledge
- Skills
- Attitude
- Discovery





Interpersonal Synergy



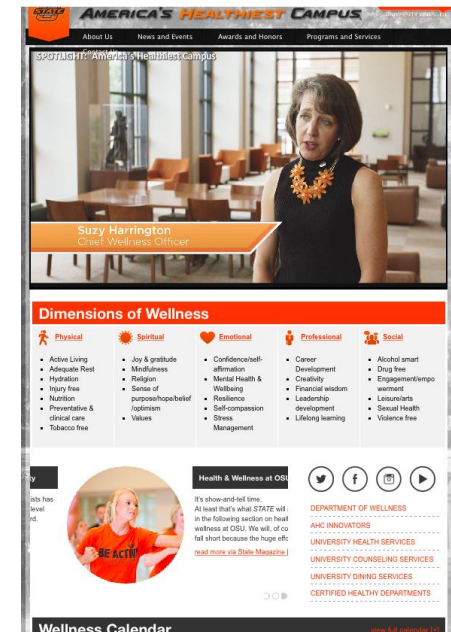
- Connectivity and outreach
- Peer support
- Communication
- Cultural competencies
- Trust
- Sense of community
- Relationships





Organizational Synergy

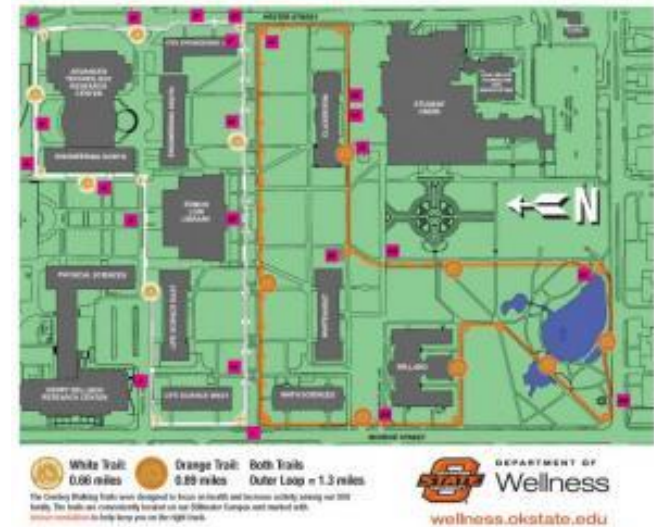
- Culture of wellness
- Leadership support
- Policies and processes
- Collaboration
- Services, programs, resources
- Best practices
- Academic research
- Outcomes focus
- Marketing and communication
- **Fun**
- Aligned incentives





Environmental Synergy

- Easy healthy options
- Sustainability
- Safety
- Built environments
- Risk management
- Trigger management
- Social determinants
- Occupational and environmental health/safety





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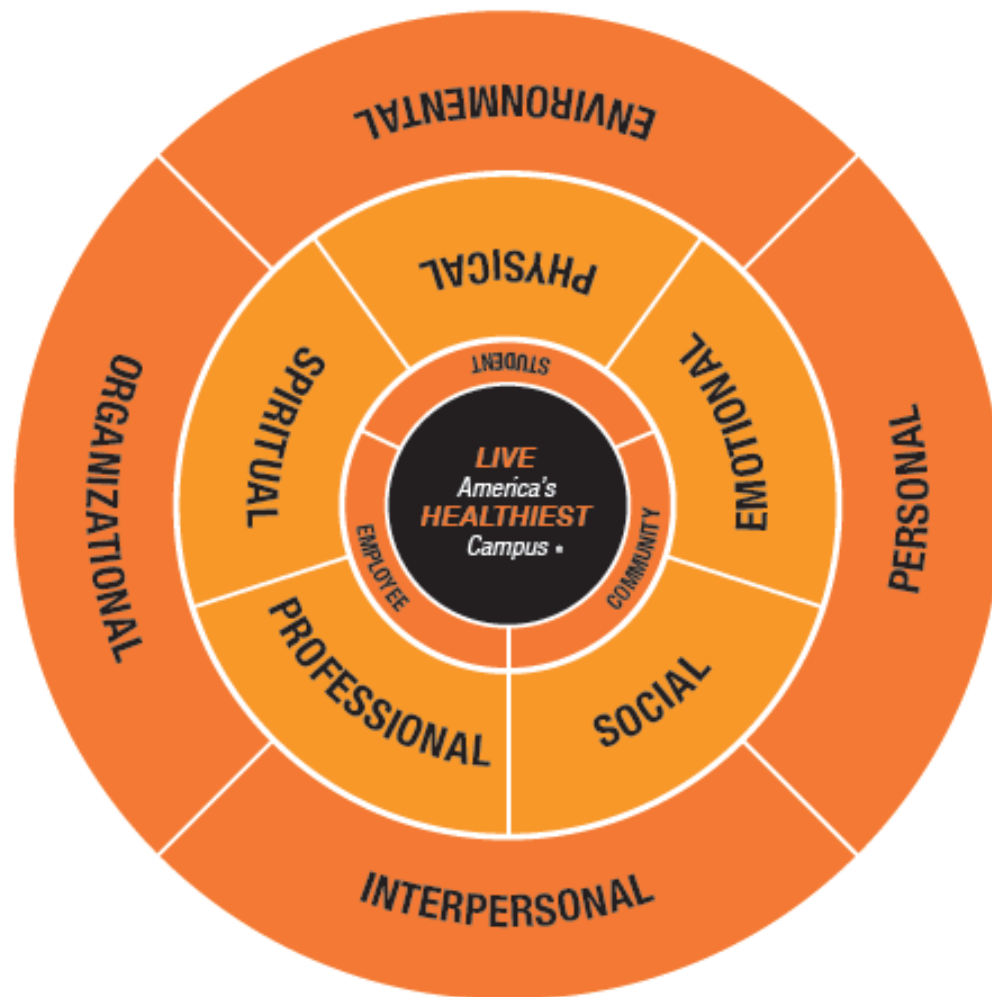


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Be “Big But” Free

~~BUT~~

AND
SO





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